

February



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 0830 Seymour Muscle* 1130 ZUMBA	2 0730 PT TEST PREP * 1630 SWEATMASTERS*	3
4	5 0830 Spin 1300 ZUMBA 1630 SWEATMASTERS**	6 0830 SEYMOUR MUSCLE* 1130 YOGA 1700 ZUMBA	7 0730 Run Development * 0830 Spin 1630 SWEATMASTERS* 1800 YOGA	8 0830 Seymour Muscle* 1130 ZUMBA	9 0730 PT Test Prep * 1630 SWEATMASTERS*	10
11	12 0830 Spin 1300 ZUMBA 1630 SWEATMASTERS*	13 0830 SEYMOUR MUSCLE* 1130 YOGA 1700 Zumba	14 0730 Run Development * 0830 Spin 1630 SWEATMASTERS* 1800 YOGA	15 0830 SEYMOUR MUSCLE * 1130 ZUMBA	16 0730 PT Test Prep * 1630 SWEATMASTERS*	17
18	19 President's Day	20 0830 SEYMOUR MUSCLE* 1130 YOGA 1700 ZUMBA	21 0730 Run Development * 0830 Spin 1630 SWEATMASTERS* 1800 YOGA	22 0830 SEYMOUR MUSCLE * 1130 ZUMBA	23 0730 PT Test Prep * 1630 SWEATMASTERS*	24
25	26 0830 Spin 1300 ZUMBA 1630 SWEATMASTERS*	27 0830 SEYMOUR MUSCLE* 1130 YOGA 1700 ZUMBA	28 0730 Run Development * 0830 Spin 1630 SWEATMASTERS* 1800 YOGA	29 0830 SEYMOUR MUSCLE * 1130 ZUMBA		

*FITNESS IMPROVEMENT(FIP) CLASS